

HOME CARE INSTRUCTIONS FOLLOWING CLEANING

Things to AVOID for the First 24-48 Hours

1. Refrain from eating for at least 2 hours and until the numbness wears off to avoid biting your lips, tongue and cheek.
2. Vigorous physical exercise, but you may return to work.
3. Drinking through a straw or sucking motion.
4. Do not smoke. If possible, it is better to avoid smoking for 7-14 days Nicotine delays the healing process.
5. Drinking alcohol beverages will also delay the healing process.
6. Avoid using mouthwashes that contain alcohol. (Preferred to use instead -Crest Pro-Health, Listerine Zero, Colgate Total, Scope Dualblast)
7. Foods that are either too hot or cold or spicy.

Medication

1. **Always talk with your dentist or doctor about pain medication.** Ibuprofen or Advil 600 mg every 4-6 hours may be necessary. **DO NOT** exceed 2400 mg (12 tablets) in a 24 hour period.
2. Tylenol (Acetaminophen) 500 mg every 4-6 hours may be necessary. **DO NOT** exceed 3600 mg (7 tablets) in a 24 hour period.

Things to Do

1. Tenderness is normal. To reduce tenderness and promote healing rinse with warm salt water, or ½ teaspoon salt in an 8 ounce glass of water, every two to three hours.
2. Avoid brushing or flossing the treated area for 12 hours. However, after 12 hours it is very important that you continue to brush well and floss once a day. Please be careful brushing and use a toothbrush with soft bristles. Moisten the brush with warm water if tissues are tender, prior to brushing.
3. Eat highly nutritious foods such as green leafy vegetables which are necessary for the healing process. Avoid foods such as popcorn, nuts, chips and other foods that require excessive chewing, also, sticky, crunchy, coarse foods or foods with a seed or hull.
4. Tooth sensitivity is normal and temporary. You may use desensitizing toothpaste such as Sensodyne or any major brand for sensitivity relief. You may also rinse with a fluoride containing mouthrinse such as ACT for sensitivity relief.
5. You may also gently massage the areas treated with your washed fingers. This will increase circulation and promote healing.

Follow Up

1. Schedule an appointment to have a re-evaluation of the gum treatment that was provided in 4-6 weeks to evaluate response to therapy and/or need for locally delivered antibiotics or surgical periodontal therapy.
2. Schedule an appointment to have your teeth cleaned called a periodontal maintenance either every 3, 4 or 6 months, which will be prescribed by the attending dentist or dental hygienist.

